

PURE HERBS, LTD.

33410 Sterling Ponds Blvd. Sterling Heights, MI 48312
PHONE: (800)860-4372 FAX: (586)446-8218
WEB SITE ADDRESS: www.pureherbs.com

FEBRUARY/MARCH 2005

Volume XIV, Issue 1

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FEBRUARY SPECIAL —Purchase any 3 bottles of these heart products below :

- ◆ HAWTHORN
- ◆ C.S.-W
- ◆ O.C.M.
- ◆ BLESSED THISTLE
- ◆ H.T. COMBINATION LIQUID
- ◆ H.T. COMBINATION CAPSULES



and receive the 4th bottle free. To take advantage of the special, all 3 bottles must be the same product and purchased at the same time. No Purchase Volume will be paid on any free bottles.

NEW PRODUCT ANNOUNCEMENT

	<u>WHOLESALE PRICE</u>		<u>RETAIL PRICE</u>	
	<u>1OZ</u>	<u>4OZ</u>	<u>1OZ</u>	<u>4OZ</u>
TART CHERRIES	\$7.50	\$22.50	\$9.75	\$29.25

Contents: Tart Cherries, Distilled water & Neutral Grain Spirits (38%).

SEE PAGE 6 FOR WRITE-UP ON TART CHERRIES.

NEW DIRECTORS FOR NOV/DEC 2004

**Claudia Bernard
Doreen Hardiman
Lucia Molina
Barbara Johnson
Betty Mullins
Shelly Oerlemans**

CONGRATULATIONS! NOW
WORK YOUR WAY TO
QUALIFYING FOR
CONVENTION.

OLD PHILOSOPHER'S CORNER

“When you experience it your-
self then it's really real.”

1 February 2005
Dr. Eugene C. Watkins

CONGRATULATIONS CONVENTION QUALIFIERS 2004

**JOSEPH & LUANNE TROYER
SOLOMON & ANNA MAE WICKEY
JAKE & ELIZABETH SCHWARTZ
DRS. FRANK & IRENE MIESSE
JOSEPH & VERONIQUE DESROSIERS
BETTY HARBOUR & RHONDA WILLIAMS
ARKADY & BELLA VLADIMIRSKY
DR. RICHARD & CAROL DICKS
DRS. WILLIAM & MILDRED HOROSH
IRENE GAUTHIER & KATHY GAUTHIER
RADY & ELLA FAYE HOLDER
JAMES & THELMA KRUTZ
MILES & GEORGEANNA AUTREY
VALENTINE BYLER
SAM & ANNA MAE SCHWARTZ
LOWELL & CAROLYN JESS
CALVIN & MARGARET TAYLOR**

**RON NICHOLS
LON & SHERRY SLIDER
TOM SLIDER
MAXINE MURRAY
PAUL & MARYANN HILTY
J.D. & JO ANN RIGGS
JOHN & RUTH ZEHR
TERESA MCCURRY
JIM & PAT COURTER
GENEVA GILE
TAMMY WILLIAMS
RALPH & CAROLYN REED
JON-LYNN YADEN
ROSE ANN MIESSE
RANDALL GOODMAN
JEAN ARCHER
ELAINE THOMAS**

WELCOME NEW DISTRIBUTORS TO OUR PURE HERBS FAMILY

22,112
THRU
22,450



You may now call us at
(800)860-HERB and place
your order directly. **Shipping**
is as follows:

\$ 99.99 and under	\$ 5.00
\$100.00 – \$249.99	\$ 6.00
\$250.00 – \$499.99	\$ 7.50
\$500.00 - \$1199.99	\$ 10.00
\$1,200.00 and up	\$15.00

Please note: Because 1oz and 4oz bottles must be shipped separately in UPS approved containers, each is a separate order. So, if you place a 1oz and a 4oz order at the same time they each have to be shipped as separate orders with separate shipping charges. Capsules, tablets and/or cream can be put in either a 1oz or 4oz box, or shipped by themselves if you do not need any liquid herbs. Capsules, tablets and/or cream shipped without 1oz or 4oz bottles are at the same rate as above.

**C.O.D. FEE IS \$7.50
ADDITIONAL.**

RETURN POLICY

Due to F.D.A. regulations regarding food products, Pure Herbs, Ltd. has a no return policy. The exceptions are breakage and manufacturing defects. To return a product, you must receive prior approval. In the case of shipping errors, returned bottles must be as shipped (free of store pricing labels) and returned in a timely manner (with current lot numbers). All items returned with non-current lot numbers, distributor labeling, or two weeks after receipt, will be charged to your account. This policy is necessary as the returned product must be destroyed due to F.D.A. regulations.

**HAPPY BIRTHDAY PURE
HERBS EMPLOYEE:**

PAT—MARCH 17

GREEN HERBAL BOOKLETS

For those of you wanting to order more of those wonderful green booklets full of herbal product information, please contact: **Frank or Irene Miesse at 937-325-2173**. The cost of these booklets is 70 cents each or if you purchase 50 or more the cost is only 65 cents each. If you would like to contact Frank & Irene by mail the address is:
2525 Springfield-Xenia Rd.,
Springfield, OH 45506

**FOR PROMOTIONAL
PAMPHLETS IN ENGLISH
AND SPANISH**

For promotional pamphlets in English and Spanish from very successful Distributors, please contact: **Arkady or Bella Vladimirsky at 956-631-3772**.

**THE SALE CONTINUES!!!
CONDITIONS BOOK —
\$40 SPECIAL PRICE**

Got a health condition and don't know which Pure Herbs to use? The 150-page Herbalist's Quick Reference Conditions Guide is a master INDEX to every health condition mentioned in all Pure Herbs materials which lists all herbs and combinations that would be useful for these conditions.

Special price: \$40 (with free shipping and handling) \$43 for NC residents to cover NC sales tax.

**NO RETURNS
AND NO REFUNDS.**

**Checks or money orders only please:
made payable to Anne Buchanan**

Send to:

**Herbs 'N Other Healthy Things
1727-8A Sardis Road North, Ste. 132
Charlotte, NC 28270
Phone: 704-814-6589**

CLARITY OF EXTRACTS

Some of our liquid herbal extract products are naturally "cloudy" in appearance due to the character of the herb or herbs dissolved or suspended in them. No matter how long they set, they will never appear completely clear. Note: these dissolved or suspended particles make the product do what it is supposed to. Occasionally there will be some settlement of the herb or herbs dissolved or suspended in the liquid around the sides of the bottle or on the pipette (eyedropper). The explanation for this is that, with some herbs or combinations of herbs, their particles float in the extract liquid during the filtering process and later settle some. Temperature and pressure changes can and do influence this occurrence during and after making an extract. Also, it should be noted that herbs and good herbal extracts contain some natural oils, and some of these oil droplets may appear on the surface of the herbal extract. Both the particles and natural oil droplets could be removed, but then the extract would not be as strong. This is part of your guarantee that we put as much herb or herbs as possible into your extracts. This same occurrence can also be observed in natural juices where some settlement occurs. Shaking the juice or herbal extract prepares it for use with its full taste and effect.

COLORS AND TASTE OF HERBAL EXTRACTS

Herbs come from nature, and just as no two apple crops from one year to the next or even any two apples from the same tree taste exactly the same, so it is with crops of herbs. This is part of the endless and wonderful variety which nature provides for you. You may, therefore, notice slight differences in color or taste from one year to the next. It's something like your mother's potato soup. She can use her recipe and the same ingredients two days in a row and the soup is always different, but always good. Rest assured, all of our herbal products do measure up to our known and established standards of quality and excellence before they are approved for use. This is so you can rely on them and have what you expect from them when you use them.

IN CHARGE OF PRODUCTION SAYS:

"You requested it so here are our top 20 1oz and 4oz extracts."

TOP 20 - 1OZ EXTRACTS TOP 20 - 4OZ EXTRACTS

- | | |
|--------------------------|-----------------------|
| 1. Oil of Cajeput | 1. O.C.M. |
| 2. Peppermint Oil | 2. T.-W |
| 3. SI.-W | 3. Red Clover Blended |
| 4. Arnica | 4. A.C.S. |
| 5. Can.-Sol | 5. H.T. Combination |
| 6. Herbal Adjustment Set | 6. SI.A.-R |
| 7. Olive Leaf | 7. Can.-Sol |
| 8. Myrrh | 8. C.C.E.-W |
| 9. C.C.E.-W | 9. N.-W |
| 10. Herbal Adjustment | 10. CA.-W |
| 11. A.C.S. | 11. Herbal Adjustment |
| 12. W.-W | 12. SI.-W |
| 13. Universal E.R. | 13. Whole Apricot |
| 14. Pleurisy Root | 14. Formula Max |
| 15. Plantain | 15. W.-W |
| 16. H.T. Combination | 16. Sanicle |
| 17. Ol' Number 11 | 17. S.D.-R |
| 18. Virginia Snake Root | 18. Saw Palmetto |
| 19. Garlic & Mullein Oil | 19. Oil of Cajeput |
| 20. L.-W | 20. Ol' Number 11 |

1 February 2005 — I.C.O.P. (In Charge Of Production) Al Pfund

SEMINAR INFORMATION

We list all Seminars at no cost to the Distributor as long as it is a Pure Herbs, Ltd. Seminar, and our product is being endorsed. Our Newsletter goes out to thousands of Distributors and is a great way to let people know what you're doing.



TEXAS—ATASCOCITA (HUMBLE)

Elaine Thomas, with A Gift of Health is offering classes in Iridology and Herbology in the Humble area. For further information, please contact:
Elaine Thomas @ 281-540-4372 (Atascocita/Humble)
7940 FM 1960 East in Atascocita

TEXAS—McALLEN

For anyone interested, Bella Vladimirskey of Advanced Holistic Health Services will come speak in your town on HERBS & NUTRITION for a one day seminar. Bella has a degree in Biology and Chemistry, is a Health Practitioner and Nutritional Consultant, and is also certified in Iridology by Dr. Bernard Jensen and Dr. Eugene C. Watkins. She works with diets, herbs and metabolic balancing and conducts Herbology seminars across the U.S. Bella is a Certified Clinical Nutritionist by the American Association of Nutritional Consultants, Advanced Holistic Health Institute and Bio-Ion Institute. For further information, please call Advanced Holistic Health Services at 956-631-3772.

INDIANA—LAWRENCEBURG

Jean Kinnett, Master Herbalist, Iridologist, Massage therapist and Doctor of Naturopathy is available for herbal or iridology seminars. She is willing to travel to your area. For further information, please call 812-537-5457.

NORTH CAROLINA—MANTEO

Patsy Reynolds, Certified Natural Health Professional and Doctor of Naturopathy is available for herbal seminars/classes. Will travel to your area in North Carolina, Virginia and South Carolina. For further information, please call 252-473-6060. For monthly meetings please call three days prior to meeting to reserve a seat.

DATE: 1st Wednesday, each month

TIME: 7:00 p.m.

PLACE: A Natural Health Center, 1378 US Highway 64, Manteo, NC 27954

MICHIGAN—SOUTHFIELD

Irene's Myomassology Institute is offering an Herbology class. The presentation speaker will be Dr. Eugene C. Watkins, B.S.ed., M.S., N.D.

DATE: Saturday, April 23 & Sunday April 24, 2005

TIME: 9:00 a.m. till 5:30 p.m.

COST: \$240 (non-student fee)

PLACE: 26061 Franklin Rd, Southfield, MI 48034

For further information or reservations, please contact Irene's Myomassology Institute at 248-350-1400.

OFFICE HOURS

Pure Herbs, Ltd. is open Monday-Friday 9:00 a.m. till 5:30 p.m. E.S.T. At 5:30 p.m. we start our end of day computer clean-up; so, we do lock our doors promptly at 5:30 p.m. and activate our voice mail system for your phone calls. If you need to place an order, and it is not during business hours, please call 800-860-4372 and you will automatically be transferred to our voice mail system. Our voice mail system has many options to choose from; make your selection and then leave a detailed message. Always leave your last name, a phone number, method of payment (we accept Visa, Discover, MasterCard, and American Express, or you can pay by C.O.D., check or money order only) and a Distributor number. Please specify if 1-oz or 4-oz bottles, capsules, tablets or cream. If you have a rotary phone, stay on the line and you will have the opportunity to leave a message at the end. Also, please be aware that when all of our lines are busy you will automatically be transferred to our voice mail system.

ALL DIRECTORS:

All orders and P.V.T. (Purchase Volume Transfers, which refers to products that were ordered by Distributors that you did not sponsor) **MUST** be called in, faxed in, or received by mail before 5:30 p.m. E.S.T., on the last business day of the month, which would be Monday-Friday, i.e.: if the 30th is a Saturday, the last business day would then be Friday the 29th.

All orders and P.V.T. called in after 5:30 p.m. E.S.T. will automatically go on the next month. Legal holidays are not considered business days. This could be very important to you or your downline, as it is your responsibility, and it will be your responsibility, to correct any problems in your downline, should you fail to adhere to these rules. There are no exceptions. Also, keep in mind that during holidays the mail service will probably take a little longer.

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

December 11, 2004

"I am so thankful to have Pat Courter as my advisor (and friend). She has such patience with me and all my problems and there are plenty. I'm 87 years old and living in a retirement home in Naples, FL. I recently had the occasion to be in the hospital (911 of course) to find out I have an enlarged heart and congestive heart failure. I was forced to go on nebulizers and oxygen, etc., but again Pat came to my rescue with her advice on C.H.E.-B. What a wonderful suggestion! I immediately ordered it in the large economy size. Now I not only ingest it, but Pat suggested rubbing it on my chest area and 'voila' (behold) I am now able to breath. I am now able to go to the dining room without oxygen. However I do carry my portable just in case. I also love your big Five plus 2 combination for the rest of my external discomforts, like a replaced knee (an aging one from 15 years ago), broken collar bone and neck pain. What a relief to find Pure Herbs and Pat Courter!" —Ethel Carpenter, Naples, FL

November 29, 2004

"We love the herbs, they are all wonderful and have helped us so very much. I could probably write you half a dozen testimonials, but am only sending a few for now. My husband had two major back surgeries a few years ago due to a car accident. He had herniated disks in his neck, thoracic and lumbar of his back and was on 13 extra strength Vicodin just to walk. We had gone to Kentucky to see Rueben Schwartz and he suggested several herbs to rub on my husbands back for pain. After only about four days my husband had enough relief from the herbs that he stopped taking the Vicodin. He just quit cold turkey and had no withdrawal symptoms. The herbs helped him to replace the harmful drug with something natural. Praise the Lord he has been totally healed by God at a Benny Hinn crusade in Chicago since! We still use many herbs for our family of seven. We are very thankful for your company and the quality of the herbs. They make up our medicine cabinet. The herbs used were: Peppermint Oil, Big 5, DSK, Arnica and R.S.T.-C. These were applied to his back 3-4x/day. Also, he took 1,200 iu of Vitamin E capsules daily."

"The second testimonial is from a friend of ours. She started taking Cascara Sagrada capsules for bowel problems which she had suffered with for many years. She would go for weeks without a bowel movement! As a result, she had to have surgery to no avail. When we recommended Cascara Sagrada to her she started taking 2-3 capsules each evening. She had such great results that she came running up to me at church and said nothing has ever helped her like this! She was even able to conceive a child after only a few months of being on the product and she is doing wonderful. She says thank you to Pure Herbs!!! It's a miracle for her."

"One final testimonial is about our son who broke his big toe. We wrapped it before going to bed with cheese cloth soaked in Arnica and wrapped it in plastic. The next morning his toe was no longer purple, but yellow. The swelling had gone down tremendously and he was not in as much pain. We did this again for two more nights. He could bend it after this and had no more pain. Praise the Lord! God is good and gives us everything we need to make us healthy again and He is using your company to do it."

October 28, 2004

"I'm so impressed with your Bitter Orange. I have asthma and I have been having a lot of trouble with it over the past year. I have tried medications from my doctor, but I really didn't feel good about using them, so I tried your Ephedra before the government banned the sale of it. I found some relief, but not enough. I just recently decided to try the Bitter Orange. I used to walk three to four miles a week and my asthma had gotten so bad I couldn't get very far and I would have to go back home. The day I received the Bitter Orange I took 40 drops and when my son asked if I would go for a walk with him I thought well lets see what's going to happen. Much to my surprise and his too, I walked the full three miles around our country block! I had no problem at all thanks to the Bitter Orange. I now carry it with me in my purse, just in case I forget to take it in the morning. The only time I have trouble breathing now when I walk is when I have forgotten to take the Bitter Orange so that is why I carry it with me. If I do forget to take my Bitter Orange as soon as I remember I will take 40 drops and wait five minutes and then I'm ready to go! Thanks for adding much improvement to my life. I can once again enjoy going for a walk which is something I was afraid I'd not be able to do again. God Bless You " —Michelle, Chesterfield, MI

WE ENJOY YOUR TESTIMONIALS, PLEASE SEND THEM IN!

IMPORTANT NOTE:

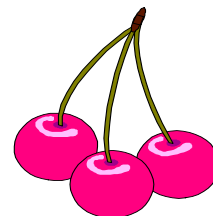
When sending in a testimonial, please be sure to include which herbs you have used to help you. We have received many testimonials which do not give this information and then we have our Distributors calling, wondering which herbs were used.

If you would like to send in your success testimonials, address them to: Pure Herbs, Ltd.
33410 Sterling Ponds Blvd.
Sterling Heights, MI 48312

Please let us know if we can publish them in our bi-monthly Newsletter and put them on our website Also, let us know if you would like your name and phone number used. If you would only like the initials of your name to be used, please specify that. We would love to hear from you! **When your testimonial is published you will receive a free 4 ounce bottle of your choice (it is your responsibility to call us) with free shipping.** Please note some testimonials have been edited for space and clarification.

TART CHERRIES

TART (sour) CHERRIES contain among other things something called **MELATONIN** (mell-uh-tone-in). This is a substance normally made by a gland deep in the back of the brain known as the pineal (pi-nee-al) gland. The name pineal refers to its shape which is roughly like that of a pine cone. The gland is even more interesting when you learn that it contains cells similar to the cells of the human eye. The pineal gland also contains crystals. Medical text books often refer to these crystals as “brain dust.” It is believed by other fields of study that both of these structures are activated in some way by light. But, lets get back to the discovery of Melatonin being found in tart cherries. On a physical level, adequate Melatonin has long been recognized as necessary for a good night’s sleep. Even more important, Melatonin is believed to be responsible for the proper functioning of our biological clocks. These are the living clocks in the brain that time the process of hormone production in our body, as well as other functions. This function is fairly important. It is believed that the presence of Melatonin plays a large role in the aging process of the human body. At this point it may help to look at turtles for comparison. There are no senior citizen homes, prisons or insane asylums for turtles. Turtles continue to be active and behave as turtles ought to for the duration of their life. In addition to that, no matter how long they live they do not stop their sexual functions nor do they stop producing young for as long as they are alive. This is probably the way the human body should function too. But, we seem to run out of Melatonin and therefore cannot continue to produce hormones. We used to be told that only chemists in laboratories could make the additional Melatonin needed by the brain. This synthetic type of Melatonin in tablets was supposed to do what natural Melatonin was meant to do. On the whole, the results were wishful thinking. The Synthetic product was missing something to govern and ensure its true intended function, in the human body. This is what happens when pharmacists and chemists presume to improve upon the Creator’s gifts and say they are producing “health foods” Unfortunately, there is always something slightly wrong or more than slightly wrong with synthetic products. Our greatly educated college and university graduates know many impressive facts, but they fail to understand something very simple. The “life force” that creates something alive is missing from something that is synthetic. What our Creator makes is endowed with life; what the chemist makes is dead! The question is, “which would you rather eat?” But wait there is more. In addition to a rich supply of Melatonin, Tart Cherries contain compounds called ANTHOCYANINS (ann-tho-sigh-ann-ins). Natural food researchers, at Michigan State University, have shown these anthocyanins to work ten times better than aspirin to reduce swelling and discomfort. These same anthocyanins are also shown to be more effective than Vitamin C and Vitamin E in preventing plaque “junk” from clogging up our arteries and heart. Want some more good news? Tart Cherries have also been shown to be extremely effective in shrinking tumors! There is even more good news Tart Cherries also taste pretty good, a lot like my mother’s cherry pies when I was growing up. The most sought after Tart Cherries are named Montmorency and grow in the northern “little finger” area of Michigan, known as Traverse Bay, on Lake Michigan.



DOSE:

As a natural source of MELATONIN for the conditions listed above take 40 drops to one teaspoon full of the liquid extract Tart Cherries three times per day, depending on the severity of the condition that needs correcting. To sleep better, be patient, it may take up to one month before you notice results. Repairing the sleep machinery in the body, may take that long before it can be activated.

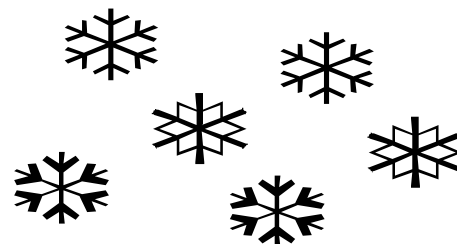
—Dr. Watkins

With kindest regards,

Dr. Eugene C. Watkins
President

With best wishes,

Gisela Watkins
Vice President





THE CENTER FOR BUILDING BETTER HEALTH NATURALLY, INC.
HERBAL RESEARCH GROUP
 Director Dr. Eugene C. Watkins, B.S.ed., M.S., N.D.
 29451 Greenfield, Suite #102, Southfield, MI 48076
 FAX (586)446-8218 PHONE (586)323-6631

Ship to: _____

Street: _____

City/State: _____ Zip Code: _____

The material offered here shows a person how to put herbal programs together for a multitude of different conditions commonly encountered when practicing with herbs. It lets you look over the shoulder of an N.D., Naturopathic Doctor, (Doctor of Natural Medicine).

HERBAL PRACTICE LIBRARY MATERIALS Author Dr. A. B. Howard	Number of copies ordered	Price
HERBAL RESEARCH GROUP VOLUME 1 (*DELUXE EDITION)		\$21.95
HERBAL RESEARCH GROUP VOLUME 2 (**working edition)		\$15.00
HERBAL RESEARCH GROUP VOLUME 3 (**working edition)		\$15.00
HERBAL RESEARCH GROUP VOLUME 4 (**working edition)		\$15.00
HERBAL RESEARCH GROUP SUPPLEMENTAL VOLUME (**working edition)		\$10.00
<u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS		\$9.95
UPDATED SUPPLEMENT TO THE COPYRIGHTED WORK <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS		\$12.95
Shipping and handling for each Volume and each book is \$3.00. If ordering 10 or more of these works per order, shipping is free.	TOTAL COPIES ORDERED x \$3.00 = \$ (if 10 or more shipping is free)	

***** HERBAL EXTRACT CD-ROM ***** Contents: <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS & UPDATED SUPPLEMENT TO THE COPYRIGHTED WORK <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS.	\$12.95 + \$5.00 Shipping & Handling Per CD-ROM. Also include taxes where applicable per your STATE LAW.	CD-ROM Total \$
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Methods of Payment:

CHECK MONEY ORDER MASTERCARD VISA AMERICAN EXPRESS

CREDIT CARD NUMBER WITH EXPIRATION DATE: _____ / _____ / _____ **EXP:** _____

Please make check or money orders payable to: T.C.F.B.B.H.N., Inc (The Center For Building Better Health Naturally, Inc.)
 Please note that we cannot ship to a P.O. Box.

Send with payment to: T.C.F.B.B.H.N., Inc.
 29451 Greenfield, Suite 102
 Southfield, MI 48076

*DELUXE means: edited and proof read.
 **working edition means: unedited practice copies.

PURE HERBS, LTD.
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Sterling Heights, MI 48312